

## Your Trainers

Cathy Powers, MS, RDN  
Chef Samantha Gasbarro  
Chef Michael McGreal  
Chef Rachel Petraglia  
Chef Rebecca Polson  
Chef Sharon Schaefer



Sponsored by the Indiana Department of Education  
School and Community Nutrition

Join us each day from 10 am to 11:15 am ET for free, interactive culinary education for all K-12 school nutrition professionals. Features live chef demonstrations of practical recipes, efficient techniques and important nutritional insights. Choose from 24 topics over 5 weeks to enhance your culinary skills and learn tips and tricks from the pros. Each class earns **1.25 CEUs** and includes great giveaways and plenty of time to ask questions!

Contact Cathy Powers with questions at [powers.catharine@gmail.com](mailto:powers.catharine@gmail.com).

**Click the links below to for more information about specific classes and to register.**

### **May 31 - June 3: Culinary Basics & Knife Skills**

Tuesday, May 31: [Basic Knife Skills](#)

Wednesday, June 1: [Vegetable Butchery](#)

Thursday, June 2: [Knife Skills for Fruits](#)

Friday, June 3: [Knife Skills for Flavor Enhancers](#)

### **June 6 - June 10: Vegetable Preparation**

Monday, June 6: [Perfecting Steamed Vegetables](#)

Tuesday, June 7: [Roasting Vegetable Basics](#)

Wednesday, June 8: [Seasoning Vegetables to Increase Appeal](#)

Thursday, June 9: [Appealing Vegetable Side Salads](#)

Friday, June 10: [The New Salad Bar](#)

### **June 13 - June 17: Grains**

Monday, June 13: [Cooking Whole Grains](#)

Tuesday, June 14: [Pasta Cookery](#)

Wednesday, June 15: [Whole Grain Bowls](#)

Thursday, June 16: [Grain Side Salads](#)

Friday, June 17: [Whole Grains at Breakfast](#)

### **June 20 - June 24: USDA Foods**

Monday, June 20: [USDA Foods - Chicken](#)

Tuesday, June 21: [USDA Foods - Fruits](#)

Wednesday, June 22: [USDA Foods- Beans](#)

Thursday, June 23: [USDA Foods - Cheese](#)

Friday, June 24: [USDA Foods - Frozen Vegetables](#)

### **June 27 - July 1: Special Topics**

Monday, June 27: [Sandwich Essentials](#)

Tuesday, June 28: [Breakfast Sandwiches](#)

Wednesday, June 29: [Plant-forward School Meals](#)

Thursday, June 30: [Kitchen Essentials for Allergies](#)

Friday, July 1: [Farm to School, Indiana Food Day](#)

We are also offering 5-day *in-person* training at various locations throughout the state.

For more information **click here**